WHAT IS CLAIMED IS:

1. A dispersible protein composition comprising:

at least about 85 wt % protein, wherein the protein includes at least about 75 wt % whey protein, soy protein, wheat protein, lupin, corn gluten, or a mixture thereof;

lecithin material; and

no more than about 0.5 wt % crude fiber;

wherein the composition has a dispersibility index of no more than about 12 seconds.

2. The dispersible protein composition according to claim 1 wherein the lecithin material comprises hydroxylated lecithin.

3. The dispersible protein composition according to claim 1 comprising at least about 90 wt % protein.

4. The dispersible protein composition according to claim 1 wherein the protein comprises soy protein.

5. The dispersible protein composition according to claim 1 wherein the lecithin material includes no more than about 5 wt % oil.

6. The dispersible protein composition according to claim 5 wherein the lecithin material has a peak oxidative exotherm index of at least about 18 minutes.

7. The dispersible protein composition according to claim 5 wherein the lecithin material has an HLB value of at least about 9.

8. The dispersible protein composition according to claim 1 wherein the lecithin material has a surface tension index of at least about 30 dynes/cm.

9. The dispersible protein composition according to claim 1 wherein the composition has a pile apex angle of at least about 95 degrees.

10. The dispersible protein composition according to claim 1 wherein the composition has a pile spread diameter of at least about 90 mm.

11. The dispersible protein composition according to claim 1 comprising no more than about 0.5% of not readily digestible carbohydrates.

12. The dispersible protein composition according to claim 1 wherein the dispersible protein composition has a mean particle size between about 25 microns and about 500 microns.

13. The dispersible protein composition according to claim 1 comprising about 0.5 wt % to 5 wt % hydroxylated lecithin.

14. A dispersible protein composition comprising:

at least about 85 wt % protein, wherein the protein includes at least about 75 wt % whey protein, soy protein, wheat protein, lupin, corn gluten, or a mixture thereof; and

hydroxylated lecithin;

wherein the composition has a dispersibility index of no more than about 30 seconds.

15. The dispersible protein composition according to claim 14 wherein the composition has a dispersibility index of no more than about 10 seconds.

16. The dispersible protein composition according to claim 14 wherein the protein comprises soy protein.

17. The dispersible protein composition according to claim 14 wherein the composition has a pile apex angle of at least about 95 degrees.

18. The dispersible protein composition according to claim 14 comprising at least about 90 wt % protein.

19. A dispersible protein composition comprising:

at least about 85 wt % protein, wherein the protein includes at least about 75 wt % whey protein, soy protein, wheat protein, lupin, corn gluten, or a mixture thereof; and

lecithin material;

wherein the composition has a dispersibility index of no more than about 10 seconds and a pile apex angle of at least about 95 degrees.

20. The dispersible protein composition according to claim 19 wherein the composition has a pile spread diameter of at least about 90 mm.

21. The dispersible protein composition according to claim 19 wherein the lecithin material comprises hydroxylated lecithin.

22. The dispersible protein composition according to claim 19 comprising about 0.5 wt % to 5 wt % lecithin.

23. The dispersible protein composition according to claim 22 wherein the lecithin material has a peak oxidative exotherm index of at least about 15 minutes.

24. The dispersible protein composition according to claim 19 wherein the lecithin material has a surface tension index of at least about 30 dynes/cm.

25. The dispersible protein composition according to claim 19 where the dispersible protein composition has a mean particle size of about 25 microns to 500 microns.

26. A dispersible protein composition comprising:

at least about 85 wt % protein, wherein the protein includes at least about 75 wt % whey protein, soy protein, wheat protein, lupin, corn gluten, or a mixture thereof; and

lecithin material including no more than about 5 wt % oil and having a peak oxidative exotherm index of at least about 15 minutes and an HLB value of at least about 9;

wherein the composition has a dispersibility index of no more than about 10 seconds.

27. The dispersible protein composition according to claim 26 wherein the lecithin material comprises hydroxylated lecithin.

28. The dispersible protein composition according to claim 26 wherein the composition has a pile apex angle of at least about 95 degrees.

29. The dispersible protein composition according to claim 26 wherein the lecithin material has a surface tension index of at least about 30 dynes/cm.

30. A dispersible protein composition comprising:

at least about 90 wt % soy protein; and

lecithin material having a peak oxidative exotherm index of at least about 15 minutes and a surface tension index of at least about 30 dynes/cm;

wherein the composition has a dispersibility index of no more than about 30 seconds.

31. The dispersible protein composition according to claim 30 wherein the composition has a dispersibility index of no more than about 10 seconds.

32. The dispersible protein composition according to claim 30 comprising no more than about 0.5 wt % crude fiber.

33. The dispersible protein composition according to claim 30 wherein the composition has a pile apex angle of at least about 95 degrees.

34. The dispersible protein composition according to claim 30 wherein the lecithin material comprises hydroxylated lecithin.

35. The dispersible protein composition according to claim 30 wherein the lecithin material has an HLB value of at least about 9.

36. The dispersible protein composition according to claim 30 wherein the lecithin material has a peak oxidative exotherm index of at least about 20 minutes.

37. A method of preparing a dispersible protein composition comprising:

spraying a particulate protein material with an aqueous solution which comprises a lecithin material to form a wetted protein material;

wherein the particulate protein material is includes at least about 75 wt % whey protein, soy protein, wheat protein, lupin, corn gluten, or mixtures thereof; and the particulate protein material comprises no more than about 0.5 wt % of crude fiber; and the aqueous solution comprises at least about 5 wt % lecithin material.

38. The method according to claim 37 further comprising fluidizing the particulate protein material.

39. The method according to claim 37 further comprising drying the wetted protein material to provide a dried lecithin treated protein material.

40. The method according to claim 39 comprising drying the wetted protein material at a temperature of no more than about 40 °C.

41. The method according to claim 37 wherein the particulate protein material comprises at least about 90 wt % protein.

42. The method according to claim 37 wherein the lecithin material comprises hydroxylated lecithin.

43. A method of preparing a dispersible protein composition comprising:

spraying a particulate protein material with an aqueous solution which comprises hydroxylated lecithin to form a wetted protein material;

wherein the particulate protein material includes at least about 75 wt % whey protein, soy protein, wheat protein, lupin, corn gluten, or a mixture thereof; and the dispersible protein composition has a dispersibility index of no more than about 30 seconds.

44. The method according to claim 43 wherein the aqueous solution comprises at least about 5 wt % hydroxylated lecithin.

45. The method according to claim 43 further comprising fluidizing the particulate protein material.

46. The method according to claim 43 comprising drying the wetted protein material to provide a dried hydroxylated lecithin-treated protein material.

47. The method according to claim 46 further comprising fluidizing the dried hydroxylated lecithin-treated protein material.

48. A dispersible protein composition prepared by a process comprising:

spraying a particulate protein material with an aqueous solution comprising hydroxylated lecithin;

wherein the particulate protein material includes at least about 90 wt % protein and the protein includes whey protein, soy protein, wheat protein, lupin, corn gluten, or a mixture thereof.